

# Three Rivers November Nutrition Newsletter



## Holiday Spirit Happening Here

Lots of Holiday meals happening all over the district in community celebration.

Along with the usual school favorites like pizza, holiday meals offered Turkey and gravy with mashed potatoes and green beans with a slice of pumpkin pie for a treat.



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In this issue:

**Holiday meals continue in December – check with your school for details**

**The Fresh Fruit and Vegetable Program (FFVP) provides children with a variety of fresh fruits and vegetables.**

**In December the FFVP will feature – Kissabel Reds**

THE RIGHT  
CHOICE  
FOR EVERYONE.

KISSABEL ROUGE:  
ENERGETIC  
RED HEART  
CRUNCHY



chartwells  
serving up happy & healthy



## Upcoming in Discovery Kitchen

December is Spice It Up! month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education.

Spice It Up!

Is a celebration of international recipes that are proven to raise the bar of the spice rack empowering students to join in cooking with various spices that are sure to spice up any meal with their family and friends.

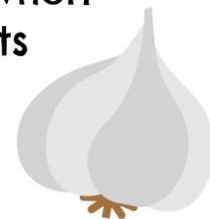
In December, chefs and dietitians will organize Discovery Kitchen experiences in the cafeteria and classrooms with interactive ways students can taste and learn about flavor profiles from other countries and how to season foods without salt.



Ever wonder what the difference is between an herb and a spice? Spices come from the seeds, bark, berry or fruit of a plant and herbs come from the green leaves.



Did you know that you can use less salt and still amp up the flavor when preparing savory foods like meats and soups by adding spices or herbs such as garlic powder, oregano, dill and basil?



## Pepper

**Sharp, fiery flavors**

Pepper adds an earthy kick and sharp aroma to food.

Pepper is available whole as peppercorns or ground.

Pepper mellows with cooking.

Peppercorns come in a variety of flavors:

- **Black:** Unripened, cooked, cleaned, and dried
- **White:** Dried seeds from unripened fruit soaked until the skin comes off
- **Pink:** Peruvian or Brazilian pepper trees
- **Green:** Unripened fruit, air — or freeze-dried to preserve the natural green color
- **Red:** Fully ripened fruit and left in the natural state.
- **Sichuan:** Chinese Prickly Ash seed husks

### Fun Fact:

Pepper is the world's most important spice with near-worldwide popularity.





# Happy Holidays

Wishing a safe and healthy time for all